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## A Comparative Study of Self Confidence among Players of Punjab

**Harpartap Singh**

#### Abstract

Confidence is the absolute most critical mental factor in sports. Confidence is how emphatically you trust in your capacity to accomplish your objectives. Confidence is so vital in light of the fact that you may have the majority of the capacity on the planet to perform well, however in the event that you don't trust you have that capacity, at that point you won't perform up to that capacity. For instance, a tumbler might be physically and in fact equipped for executing a back somersault with a full wind on the floor work out, yet they won't endeavour the ability in a meet if doesn't have the confidence that they can effectively execute the aptitude..

**Keywords:** Self-confidence, sportsman, performance etc.

#### Introduction

Self-confidence is very indispensable for every sportsperson to perform well in the competition. Self-confidence in life is related to wisdom. Having a high Self-confidence in sports allows the athletes to put all their efforts in what they do and achieve good results, keeping a long-term high performance. The Self-confidence omits fear and doubt and makes able to the athlete to play well in the competition.

#### Self Confidence

Self- confidence is a person's inner belief or conviction in his ability to perform well regardless of the external environment. Self- confidence in sports signifies an athlete's expectation for success. The expectation varies from person to person. These expectations mainly depend upon the sources of self- confidence. The sources of self- confidence is divided into two, i.e, sources in the control of sportsman and the sources outside the control of sportsman. Whereas some sources like climatic conditions, opponent's performance, ground condition etc. may be outside the control of the sportsman, others like their own performance level, fitness level, hard work etc. may be within the control of the sportsman. As a coach, it is very important to emphasize the source of self-confidence which is within the control of sportsman. Self-confidence is an attitude which allows individuals to have a positive yet realistic view of themselves and their situations. Self-confident people have expectations that are realistic. Even when some of their expectations are not met, they continue to be optimistic and accept the reality. They tend to avoid taking risks because they fear failure. They generally do not expect themselves to be successful. They often put themselves down and tend to discount or ignore compliments paid to them self-confidence as how strongly you believe in your ability to attain your goal. Self-confidence is so important because you may have all of the ability in the world to perform well.in sports, it plays crucial role because self-confidence has been shown to be significantly correlated with skilful sport performance. Whether there is a causal relation but it plays important role to perform well in competition. Self-confidence is not necessarily a general characteristic which pervades all aspects of a sports man life. Typically, each sports man will have some areas of their lives where they feel quite confident, e.g., academics, athletics, while at the same time they do not feel at all confident in other areas, e.g., persona appearance, social relationships etc (Krueger, 2002).

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**Statement of the Problem**

“A Comparative Study of Self Confidence among Players of Punjab”

**Objectives of the study**

1. To compare the self-confidence among players of Punjab.

**Delimitations of the Study**

1. The study will be delimited to the players of Punjab only.
2. The study will be delimited to the age group of eighteen to twenty-five years.
3. The study will be delimited to players of team games athletics, basketball, boxing, hockey, handball, wrestling only.

4. The study will be delimited to the players who had participated at the state and inter-University level.

**Tools Used**

1 Agnihotri’s Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987.

**Collection of Data**

The researcher collected the data from 1800 players of Punjab from the different game like Athletics, basketball, boxing, handball, hockey, wrestling of different participation. Data is collected by using self-confidence Questionnaire constructed by Agnihotri year 1987.

**Result and Findings**

**Table 1:** Mean and SD of self-confidence score among type of game

Game	Athletics (n=300)	Basketball (n=300)	Boxing (n=300)	Handball (n=300)	Hockey (n=300)	Wrestling (n=300)	Total (n=1800)
Mean	25.37	25.87	25.29	25.70	26.32	25.38	25.65
Std. Deviation	6.67	7.16	7.61	6.99	7.12	7.31	7.15

Table 1 represent the significance of the self-confidence score among different game. Mean and SD of the sportsmen of athletics as 25.37 and 6.67, Mean and SD of the sportsmen of Basketball as 25.87 and 7.16, Mean and SD of the sportsmen of Boxing as 25.29 and 7.61

Mean and SD of the sportsmen of Handball as 25.70 and 6.99, Mean and SD of the sportsmen of Hockey as 26.32 and 7.12, Mean and SD of the sportsmen of wrestling as 25.38 and 7.31 respectively.

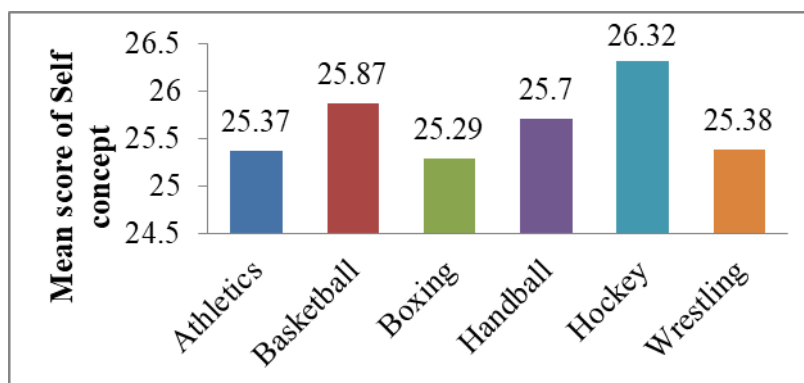
**Table 2:** Significance of self-confidence score among type of game

Between Groups			Within Groups			F value	p value
Sum of Squares	Df	Mean Square	Sum of Squares	Df	Mean Square		
234.12	5	46.82	91673.56	1794	51.10	0.92	0.47

Table 2 represent the F value among different games. F value found to be non-significant (F=0.92, p>0.05) at 0.05 level of significance. Hypothesis H04 that there will be no significant difference in self confidence among players of

individual and team games of Punjab was accepted. Mean comparison of self confidence among games is shown in Figure 1.

**Fig. 1:** Showing the mean comparison of self-confidence score among games



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